

Pesto Minestrone

Makes: 50 or 100 servings

50 Servings		100 Servings		
Ingredients	Weight	Measure	Weight	Measure
Olive oil		2 Tbsp		1/4 cup
Onion, Spanish, diced	2 lb		4 lb	
Carrots, diced, fresh or frozen	2 lb		4 lb	
Broccoli, Fresh or frozen, chopped	2 lb		4 lb	
Water		1 gal		2 gal
Tomatoes, cnd, no salt, chopped, reserve juice for soup		1 # 10 can		2 # 10 can
Chicken broth, low sodium		1 gal		2 gal
Kidney beans, canned, drained and rinsed	6 lb		12 lb	
Enriched macaroni/pasta or whole-wheat macaroni/pasta	6 lb		12 lb	
Basil, fresh leaves, washed		1 qt		2 qt
Italian Parsley or Curly Parsley, fresh leaves, washed		1 qt		2 qt
Garlic Cloves, peeled		1/4 cup		1/2 cup
Parmesan Cheese, finely grated		3 Tbsp		1/3 cup
Olive oil		2 Tbsp		1/4 cup

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	180	
Total Fat	2.5 g	
Protein	9 g	
Carbohydrates	31 g	
Dietary Fiber	8 g	
Saturated Fat	NA	
Sodium	310 mg	

Meal Components

Vegetables	1/2 cup
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Directions

1. In large stockpot or steam kettle lightly cook onion in olive oil 5 minutes over medium heat until soft. Do not brown.
2. Add carrots and broccoli.
3. Cook stirring occasionally 5 minutes.

4. Add tomatoes (with juice), water and chicken broth.
Bring to boil.
5. Add beans and pasta. Cook 10 minutes or until pasta is al dente.
6. While pasta is cooking prepare pesto in blender or food processor.
7. Add the fresh basil, parsley, garlic, Parmesan cheese and olive oil.
8. Puree until smooth and uniformly blended. If too thick, add a few drops of water.
9. Just before serving, remove soup from heat and stir in pesto.
10. Serve 1 cup (8 ounces)

Notes

Serving Tips:

Can be served with crushed red pepper on the side

Additional Tips

You can find the recipe for 25 servings and family sized servings [here](#).